ESERT AIRMA

Davis-Monthan Air Force Base, Ariz.

Friday, April 11, 2003

Airmen train to fight war in ORE

By Staff Sgt. Chris Stagner 355th Wing Public Affairs

Davis-Monthan Air Force Base prepared its airmen for wartime situations by taking part in a six-day operational readiness exercise that ended Tuesday.

More than 800 D-M members were involved with the ORE according to Lt. Col. R.B. Hankes, 355th Wing Inspections and Plans chief.

The ORE is used to get troops ready for war-time situations in a deployed location and prepare for an operational readiness inspection scheduled for November, said Hankes.

The ORI is an ACC-graded event that tests the ability of D-M to prepare and deploy for

There is a huge number of deployments right now. The Air Force has been successful in the real world so far, but D-M needs the practice at home, added hesive unit. Hankes.

Airmen involved in the ORE, referred to as "players," assume

the full gamut of military oriented protective postures during the exercise, including plenty of time in the gas mask.

It simulates things such as chemical attacks, hostile ground attacks, and runway bombings by the enemy, but the benefits of the ORE are apparent to its participants.

"We're learning a lot. We learn from each action and improve," said Lt. Col. Rick Blackburn, 355th Wing chief of staff. "You have to do the first event to prepare for the super bowl. This is spring training for the ORI."

Chaplain (Capt.) David Martinez, 355th Wing chaplain, said, "It's good for me because it helps me realize I need to be prepared. It helps plan for the

Another benefit of the ORE people supporting real-world is the ability of D-M airmen to work with other career fields in an environment they wouldn't usually be in and gel into a co-

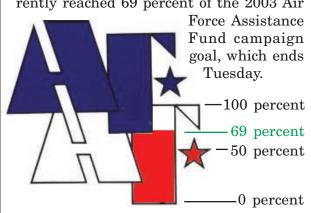
"The attitude has been fan-

See **ORE**, Page 6



Airman 1st Class Nathen Capaul, 355th Civil Engineer Squadron, cuts a plank while Staff Sgt. Jonathan Cook, 355th CES, holds it steady during the Operational Readiness Exercise Sunday. The planks will be formed into a solid doorframe for the CES Disaster Control Center tent doors. The DCC is the temporary command post for CES in the ORE.

Davis-Monthan Air Force Base has currently reached 69 percent of the 2003 Air



Stop-Lossed airmen get break

Davis-Monthan Air Force Base airmen af- tion, for their devotion to duty and sacrifice," fected by the Stop-Loss Program are now eli-said Robert Ray, chief, TRICARE element here. gible for TRICARE benefits for a period of anywhere from 60 to 120 days after separation.

"This health benefit coverage, an entitlement offered under Chapter ll of the TRICARE Policy Manual 6010.47, titled Transitional Assistance Management Program, is a tremendous program that illustrates that our activeduty force is not forgotten, even after separa-

An overlooked provision of law allows for TRICARE transitional health care benefits for airmen separating from the service after having been retained under Stop-Loss.

The benefits will apply to any airman separating after the current and any future Stop-

See **Stop-Loss**, Page 4

FamCamp overflow

Comment: I am calling regarding the FamCamp overflow, which was moved into the desert, where the basketball area is. My suggestion is to put the overflow lot where the mobile homes used to be.

It looks ugly having those campers all lined up out there, not in a particular straight line. It takes away from the scenery and looks pretty bad.

I know there are empty spaces at the mobile home parks. Put them in there. If you could do something about that, it would be greatly appreciated.

Response: Thank you for your inquiry about the FamCamp overflow lot. You are right ... it does detract from our looks. However, due to the air show, we had to move the RVs out of the original overflow lot so it could be marked for parking. This is only for a short two weeks, then we will move them back. We should be out of overflow by mid April.

If you have any further questions or concerns about the FamCamp or its overflow lot, please call Ken Briles, FamCamp manager, at 747-9144.

Base exchange closures

Comment: I was wondering why the notice for the base facility closures did not

make it into the March 21 Desert Airman edition.

Retired people would have a little more notice rather than finding out Saturday morning the commissary was closed for Aerospace & Arizona Days.

Response: I can understand your frustration in trying to go to the commissary, only to find it closed.

We chose to close some base facilities, including the commissary and base exchange, as an additional security measure for the air show

The reason the closures were not included in the March 21 edition of the *Desert Airman* is simple.

I made that decision after that issue went to the publisher.

I think you can understand that we made a very studied decision to continue with the air show in light of the start of Operation Iraqi Freedom. So, the closure announcement was publicized in the March 28 edition and was widely discussed in television and radio promotions for the air show the entire week leading up to the event.

We did our best under the situation. By the way, I'm glad to hear that you use the newspaper as a trusted source for information. I think it's the best base newspaper in the Air Force! Supporting each other and working together to provide the best programs and services is a goal for all D-M people.

Ideas, suggestions, comments, concerns and kudos are important to make improvements.

The best way to pass along a comment or to get an answer to a concern is to contact the agency chief or functional managers listed here. Still no solution? The Commander's Corner phone line is 228-4747. An e-mail can also be sent to: 355HMrgCommanderCorer

@dm.af.mil.
Callers must
leave their name,
phone number and
a message. They



355th Wing Commander

will receive a prompt reply in writing or by telephone.

We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be published in the Desert Airman.

Agency numbers

AAFES Agencies	228-3904
Accounting and Finance	228-496
Chaplain	228-541
Civil Engineer	228-340
Clinic	228-293
Commissary	228-3116
Family Support	228-569
Fitness and Sports Center	228-0022
Haeffner Fitness Center	228-371
Housing Office	228-368

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Inspector General	228-3558
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Military and Civilian Equ	al
Opportunity Office	228-5509
Military Personnel	228-5689
Public Affairs	228-3204
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Services	228-5596
Transportation	228-3584

Team D-M Mission Spotlight

The 355th Communications Squadron provides combatready communications, computer, visual information and information management services to the 355th Wing, 12th Air Force and the Davis-Monthan Air Force Base community. Some 180 members support the wing's warfighting mission and are responsible for deployment support of the wing's Air and Space Expeditionary Force mission.

The Base Information Transfer Center falls under the 355th Communications Squadron. It manages programs for official mail postage and use, base addresses and administrative communications; provides a base common-user electronic distribution service; and acts as a quality assurance evaluator for the Postal Service Center.

(Left) Senior Airman Donald Weber, 355th Communications Squadron, processes official mail using the Pitney Bowes mailing system meter. This meter weighs the mail and then places postage on it, depending on the size and weight of the envelope.



The 355th Wing Public Affairs staff prepares all editorial content for the *Desert Airman*. The editor will edit or re-write material for clarity, brevity or to conform with the Associated Press Style Guide, local policy and Air Force style as required by Air Force Instruction 35-101.

Contributions for the *Desert Airman* can be made directly to the 355th Wing Public Affairs Office, Building 2300, Suite 2054, or through e-mail to desert.airman@dm.af.mil. The editor can be reached at 228-5092. Submission deadlines are Wednesday, nine days, prior to publication date. If submissions are publishable, they run based on space available and priority. Unless otherwise noted, photographs are Air Force photos. The *Desert Airman* uses information from the Armed Forces Information Service, Air Force News Service, Air Combat Command and other sources.

All Advertising is handled by Aerotech News and Review, 456 East Ave. K-4, Suite 8, Lancaster, Calif. 93535; phone: (520) 623-9321; e-mail: diane@aero-az.com.

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Wing commander addresses ORE

Leadership focuses on making better warriors

By Col. Larry Stutzriem 355th Wing commander

By the time you read this, the Desert Lightning Wing will have concluded its first combined Phase One/Two Operational Readiness Exercise in more than 18 months.

By anyone's measuring stick, this ORE provided a crucial picture of where we need to focus our training. We were able to get out of town and take the fight to the enemy. However, we have lots of room for improvement. Make no mistake, the Desert Lightning Wing is the best warrior team on the planet; we're going to make it even better.

There were some things we did well, but there were also some areas where we need to improve immediately. We need to capture les-

sons learned - record the good, and create better processes to improve areas that are weak.

One thing I was impressed with was the Desert Lightning mission spirit throughout the wing. A large-scale event such as this requires a total team effort. We all know it's the pilot who places bombs on targets, but every airman in this wing needs to know they own a piece of the process that ultimately places ordnance where it

is needed. We are first and always one team! One area we need to emphasize for improve-

ment is our ability to survive and operate. These are perishable skills.

But it's more than pulling out the equipment and practicing. Command, control and teamwork also play a huge part.

In a recent visit to Davis-Monthan Air Force Base, the Air Combat Command commander told us he was enacting a back-to-basics approach across the command. This emphasis on basics not only applies to the intense training of a wing-wide exercise. It will also pay huge dividends in our day-to-day operations. But what does back to basics mean?

Getting back to our core Air Force Instructions for each career field, following the basic technical data information in aircraft maintenance, planning and flying missions using risk management and focused supervision with eyeballs watching for safety, compliance and attitude are but a few examples.

We're going to exercise again in June, and we need to start preparing now. The next ORE

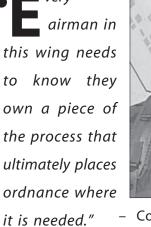
> will again challenge our ability to execute the mission and the environmental factors will be more severethe Sonoran Desert is a challenging place to exercise in the summer heat. We need everyone to maintain a positive outlook and 'can-do' attitude as we continue to improve our combat capability. This is the only way we can

be certain the Desert Lightning Wing is ready to roll when called upon by our nation.

Desert Lightning strikes. Capture the lessons learned in this exercise so we can improve. Keep the lines of communications open.

I'm so proud to be your commander.

very 📘 airman in this wing needs to know they own a piece of the process that ultimately places ordnance where



Col. Larry Stutzriem 355th Wing commander

airmen were saved from the consequences of driving under the influence by the Airmen Against Drunk Driving Program since Dec. 31. This information is current as of April 2.

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News Notes

Temporary road closure

Sixth Street will be closed temporarily between Bola Street and Comanche Street starting Monday and is scheduled to reopen Thursday. The closure is part of the new child development center project, and is required to install underground electrical lines for the facility. Detour signs will be installed.

MPF closure

The 355th Military Personnel Flight will be closed April 18 for an official squadron function. The MPF will reopen for regular business hours April 21.

Legal office hours change

Effective immediately, legal service hours have changed. Legal assistance and same-day will preparation are offered Mondays and Wednesdays from 1:30 to 3:30 p.m. and Fridays from 8 to 10 a.m. Active-duty members in uniform have priority the first hour. Notary services, powers of attorney and in lieu of tax form services are Mondays through Fridays from 8 to 10 a.m. and Mondays and Wednesdays from 1:30 to 3:30 p.m. Evening legal assistance is offered the second Wednesday of every month from 5 to 6:30 p.m. For more information, call 228-5242.

Construction in housing

Construction is under way on a multiroller hockey court at Quijota Boulevard and Mustang Drive. During the construction period, this area is off-limits. Children are not allowed to play on the hockey court until all construction is completed and accepted by the government. The estimated completion date is Sept. 3. Sod is also being laid in housing playgrounds. Please keep children away for safety. The areas are surrounded with metal edging to allow the sod time to establish roots. The areas will be ready for use Aug. 4.

Estate claims

Any person, or persons, having claims for, or against, the estate of Lt. Col. Patrick Stroman, deceased, formerly assigned to 612th Combat Operations Squadron, should contact the summary court officer, Maj. Robert McCormack, 612th COS, at 228-1070.

Train-the-Trainer class

The quarterly Train-the-Trainer class is scheduled for Tuesday from 9 to 11 a.m. at the Medical Group Annex, Building 4220. For questions or to reserve a seat, call Staff Sgt. David Embrey at 228-2660, or by e-mail at david.embrey@dm.af.mil.

Desert Airman April 11, 2003

Greenwood shows true colors

Staff Sgt. Chris Stagner 355th Wing Public Affairs

Country music artist Lee Greenwood entertained hundreds of Davis-Monthan Air Force Base members in a free concert Tuesday.

The concert, a part of his "The Spirit of America Tour," was held at 7:30 p.m. on D-M for all military identification card holders and members of their families as a show of patriotism by Greenwood.

"It's a part of a contribution a citizen can make," said Greenwood. "It's a commitment to patriotism."

Tours take Greenwood all over the United



Staff Sgt. Chris Stagne

Members from Davis-Monthan Air Force Base gather at the football field on base to watch Lee Greenwood, country music artist, perform in a concert free of charge as a patriotic act in his tour. The concert was held Tuesday night at 7:30 p.m.

States, but he always tries to make time to stop at military installations during his tours. "I'm just a citizen being patriotic," he said.

Greenwood, best known for his song "God Bless the U.S.A.," has been supporting troops in one way or another for 46 years.

His career started as a young teen touring military installations on the West Coast all the way from China Lake Naval Warfare Center, Calif., to Elmendorf Air Force Base, Alaska.

Since his early touring days he has continued his support of the troops by participating in 12 United Service Organization tours.

Some D-M members used the show as an opportunity to gather and show their spirit for

> America by taking advantage of the patriotic theme of the concert and the feel of family in the audience.

> "It's an opportunity for everyone on the base to get together and reflect on what's going on overseas," said Lt. Col. Leon Elsarelli, 358th Fighter Squadron director of operations, "more importantly the ones currently serving there and the ones we've lost."

> Chief Master Sgt. Jeff Weston, 355th Comptroller Squadron superintendent, said the unity of the service and being in touch with everyone was a great reason to come to the show.

> > See *Greenwood*, Page 5



Sling'n steel

Ismael Castillo, JB Steel welder, prepares a fiveton steel roof to be lifted by a crane for placement by securing it with lift cables. The roof is part of the construction for the new dormitories being erected here.

Stop Loss

Contined From Page 1

Loss actions, according to officials at the Air Force Personnel Center.

Currently, more than 2,200 D-M servicemembers have been affected by Stop-Loss and will have the added benefits if they decide to separate after Stop-Loss is lifted, said Senior Airman Michael Smith, 355th Mission Support Squadron retirements and separations counselor.

Because of an administrative oversight, more than 5,000 airmen retained on active duty under the October 2001 to August 2002 Stop-Loss did not get word of the benefit, officials said. The benefit was part of the 2002 Defense Authorization Act.

Letters sent to those former airmen tell them they can file for reimbursement of medical expenses incurred during the 60- to 120-day period after they left the service. But they will not be reimbursed for insurance premiums they may

have paid, said Judith Warner, chief of the career assistance and relocation office at the center.

According to the law, benefits begin on an individual's official date of separation and cannot be

t's only for a short time, but this is a nice benefit when you look at it."

> - Lt. Gen. Richard Brown Pentagon deputy chief of staff

adjusted. Individuals who served more than six years on active-duty are entitled to 120 days of coverage. Those with fewer than six vears are entitled to 60 days of coverage.

"It's only for a short time, but this is a nice benefit when you look at it," said Lt. Gen. Richard "Tex" Brown, deputy chief of staff for personnel at the Pentagon. "Not only for now but for the future.

"It'll make it easier for individuals to transition after they've made that extra sacrifice (of being affected by Stop-Loss)," the general said.

Air Force officials learned of the law's provision when a concerned former major called to ask if airmen affected by Stop-Loss were covered, said Warner.

"We asked for a legal opinion by the AFPC and air staff legal (officials) and received an interpretation from both that the law covered everyone impacted by Stop-Loss" she said

Information was then sent to Air Force transition offices in early November to explain the situation and how to extend those benefits to airmen who had not yet separated, she said. Analysts then began to identify and notify each affected person.

People eligible for coverage who have paid for health care expenses out of their pocket may submit a claim form (Department of Defense Form 2642) to TRICARE with a copy of the bill to be reimbursed, officials said.

The law does not affect retiring airmen who were held over as result of Stop-Loss because they already retain a continuing entitlement to retiree health care ben-

Assistance is available from a benefits counselor at military treatment facilities and from TRICARE regional offices. The worldwide TRICARE Information Center toll-free number is (888) 363-2273. Claims information and forms are available at https:// tricare.osd.mil by clicking on "TRICARE Map" on the left-hand side of the home page and by using the "search" feature.

People can call the AFPC's family matters operations branch tollfree at (800) 581-9437 for assistance. (Information from AFPC contributed to this article.)

April 11, 2003 Desert Airman

Aviators honored for airmanship

D-M major is one of two to receive Jabara award

Two Air Force helicopter pilots earned the 2003 Col. James Jabara Award for Airmanship. Majors Leighton Anderson and Edward Lengel, 55th Rescue Squadron at Davis-Monthan Air Force Base, both 1992 academy graduates, earned the award for their contributions to airpower during Operation Enduring Freedom.

This is the first time the award has been given to more than one graduate since 1988.

Maj. James Jabara, America's first jet ace, and given annually to an Air Force Academy graduate whose acaerospace vehicle set him or her

apart from contemporaries.

Anderson is an MH-53M Pave Low III helicopter pilot who used a "radar altitude hold technique" he developed to land during an Operation Enduring Freedom mission.

During attempts to extract a special forces team from a narrow, high-altitude landing zone, several helicopters had been unable to land because the area was obscured with dust. Anderson ar-The award is named in honor of vived and used his technique to land in the dust-out conditions and retrieve the troops.

Lengel, an MH-60 Pave Hawk tions directly associated with an helicopter pilot, navigated hostile territory in Afghanistan during

Operation Anaconda to evacuate wounded soldiers.

While waiting for his pararescuemen to return to the helicopter, enemy troops fired several explosive rounds at the helicopter. Lengel directed AC-130 gunships to quell the hostile fire, allowing his pararescuemen to load four wounded soldiers onto the helicopter. Now overloaded and flying in high-altitude conditions, Lengel piloted his helicopter 10 feet above the ground and down a dry streambed until he was able to gain sufficient airspeed to get airborne. (Courtesy Air Force News)

Greenwood

Continued from Page 4

Not all spectators at the show were there for personal reasons. Some came to take advantage of the opportunity to have a good time.

"I've seen his show before and it's good," said Mike Mullins, a resident of Portland, Tenn., in Tucson visiting his daughter, Staff Sgt. Micheal Mullins, 755th

Operations Support Squadron program security manager.

Maj. Paul Walski, 354th Fighter Squadron assistant director of operations, brought his family to the show. "It's a good opportunity to have a good time," he said.

Lee Greenwood (on the left), country music artist, greets Chaplain (Capt.) Randall Groves, 355th Wing, during the operational readiness exercise Tuesday before the concert.



Capt. Chrissy Cuttita



Desert Airman April 11, 2003

ORE

Continued from Page 1

tastic," said Col. Larry Stutzriem, 355th Wing commander. "Everyone is tired, but they're working hard and getting the mission accomplished."

"It's been a great experience," said Lt. Col.

Bob LaBrutta, 355th Mission Support Squadron commander. "It's a great training item and the people have really come together to work as a team," he said.

Training isn't always a success; however, that's why the Air Force utilizes training events such as OREs.

KEs.
"We're really seeing the effects of

not having exercised for a year," said Stutzriem. "Combat readiness is like physical fitness. It takes a long, tough time in the gym to get in shape,

but once you're there you don't have to work so long to stay in shape."

Although the ORE was challenging, confidence remains high that D-M is postured to respond to real-world challenges and pass the upcoming ORI with flying colors.

"Desert Lightning is the best combat wing in the entire Air Force," said Stutzriem. "And we're working to get better."



Staff Sgt. Russell Wicke

Maj. Tom Zupancich, 354th Fighter Squadron, shows his zeal and patriotism by holding up his American Flag before a sortie for the operational readiness exercise Monday.



Staff Sgt. Russell Wicke

Staff Sgt. Justin Good, 355th Civil Engineer Squadron, fills in a crater simulated as an air strike on a runway during the operational readiness exercise.

HOME MORTGAGE



Army Cpl. Chris Lopez (left) and Army Spc. Nathan Thompson, 355th Security Forces Squadron, play in the Operational Readiness Exercise Sunday as hostile enemy forces. They take aim during a fire fight with people in the civil engineer cantonment area.

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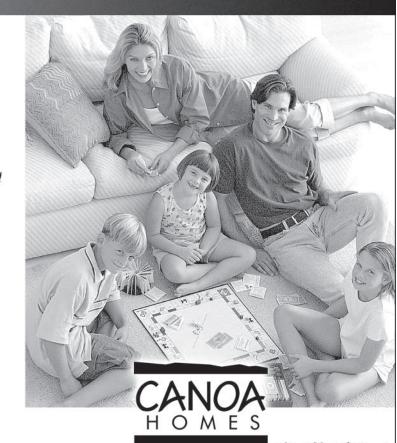
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We are all operators, warriors

By Lt. Col. Bob LaBrutta 355th Mission Support Squadron

In today's modern military culture, it's interesting to note that some still try to define differences between what operational and support professionals provide to the Air Force.

I agree, there are more differences during times of peace—in fact, there's a division of labor. People in support career fields concentrate a majority of their time and effort on garrison functions (e.g., processing assignments, supporting the local area network and renovating buildings and offices), while people in operations career fields focus their energies on enhancing their air power application prowess. However, I contend, that when hostilities begin and we jump to a

wartime posture, the boundaries that divide support and operational functions are blurred—and in fact, no longer exist.

We shouldn't forget that any one of us stationed on the ground in a hostile environment is a potential target. In addition, our main mission may be to augment our security forces brethren in their critical war-time role of air base ground defense. This means support personnel will be required to take on an immediate combat mission. We'll have to strap on an M-16 or M-9, set up and defend fighting positions, place a bayonet in our teeth and fight the enemy belt buckle to belt buckle. Understanding this reality, we should all prepare to survive, operate and win decisively in that role.

Why is this important? Because each airman is a moment's notice away from being deployed into areas where we are currently conducting combat operations. Accordingly, we all have an obligation to ensure we remain vigilant, become aware and practice and train the wartime functions we'll be required to perform in battle.

Just ask Master Sgt. Rodney Welden, 355th Mission Support Squadron Military Personnel Flight career enhancement superintendent. He served as the personnel support for contingency operations team superintendent during the Air and Space Expeditionary Force 5 and 6 deployment to Bagram Air Base, Afghanistan. During this deployment, he and his team were under direct smallarms fire one spine-chilling day in October. When you talk with Welden, you find that he understands the importance of readiness and he trains his team to be prepared for such circumstances. He's committed to

See Warriors, Page 9

Final Answer

If you could meet anyone to have a conversation with, who would it be and why?



Retired Navy Lt. Cmdr. **Bobby Randall**

"My great grandfather, because he was such an instrumental part of my life and my mentor."



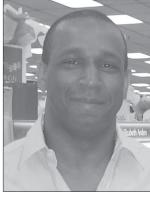
Vanessa Rios Stepdaughter of retired Maj. Arthur Polk

"Martin Luther King Jr., because I'd like to see what he thinks of issues today."



Shay Landes Wife of Denny Landes, 12th Air Force

"Dwight Eisenhower, because I would love to talk to him and reflect on the World War II and today's war."



Army Capt. **Towyanger Hatcher**

"Colin Powell, because I think he's an inspiration to all Americans and would make a great president."



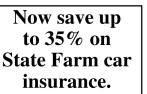
Retired Tech. Sgt. Betty Shoemaker, Daughter-in-law Tina and granddaugher LeAnne

"Jesus Christ, because he's our savior."



Letitia Hobbins Daughter of Lt. Gen. William Hobbins, 12th Air Force

"My grandfather, because I never met him and he was a big influence on my dad's life."



See me to find out how you may qualify:

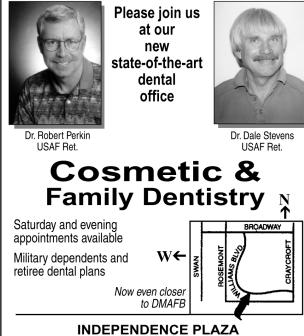


Dave Noel Agent

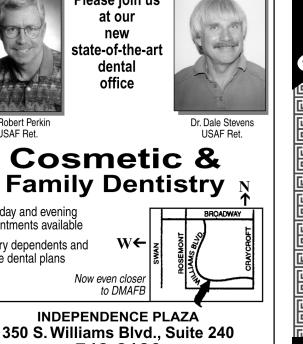
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April 11, 2003 Desert Airman

Warriors

Continued from Page 8

ensuring every subordinate receives realistic training—with an emphasis on ensuring members are capable of completing their assigned missions in an austere, hostile environment. This includes the ability to survive and operate training, proper wear of mission-oriented protective posture gear, use of the Kevlar helmet and flack vest, the administration of atropine and the fundamentals of self-aid and buddy care. According to Welden, this type of education and training is invaluable and has realworld applications that he called upon during his deployment.

If you're not convinced, all you have to do is reflect on recent events in the war in Iraq. As we take time to pray for the men and women of our armed forces who gave the ultimate sacrifice in the defense of our nation – there's an invaluable lesson to be learned. The column of Army soldiers who were trapped, captured, as-

saulted and murdered at An Nasiriyah, Iraq, were not members of the Army's 'operational' forces. Instead, they were a group of Army professionals who make up the combat support element of the 3rd Infantry Division. These brave men and women were civil engineers, communicators, maintainers and supply troops whom, during the fog of war, were inadvertently cut off from their main formation. Did the Iraqi dissidents who captured these soldiers notice a difference? Did they treat them any differently than they would have if they'd have captured an Air Force pilot, Army or Marine infantryman, or a Naval aviator? Absolutely not. By virtue of the fact that the soldiers wore battle dress uniforms and were in a war zonethey were considered operational. More importantly, they were considered what we all hope to become – combat warriors who understood their missions and were ready to execute their wartime responsibilities when these tragic events

occurred. Any one of us could face the same circumstance some day!

So, as the training gained from Phase I and Phase II of the operational readiness exercise is still fresh in our minds, I challenge each of you to focus on the job at hand and not get caught up in the subtle peacetime differences that exist between support and ops. Instead, we should take advantage of the opportunity to educate and train ourselves on our real jobs—to

support, defend, operate and project lethal power on enemy forces.

Remember, one team—one fight. Regardless of our garrison roles pilots, intelligence officers, food service technicians, computer technicians ... we all have an obligation to master the critical elements of our wartime responsibilities. Therefore, stay vigilant, become aware of your wartime role and strive hard to become combattrained professionals. Our units, our wing, our Air Force and our nation are depending on us. (Editor's note: Staff Sgt. Ken Wallace was the personnel support for contingency operations team NCO in charge during the Air and Space Expeditionary Force 5 and 6 deployment to Bagram Air Base, Afghanistan. He had the shared responsibility of ensuring the training and operations of the PERSCO team. "Without his help, we would not have been able to accomplish as much as we did,' said Master Sgt. Rodney Welden, PERSCO team superintendent during AEF 5/6 deployment.)



Lt. Col. Bob LaBrutta, 355th Mission Support Squadron, helps ensure command and control during Phase Two of the operational readiness exercise. LaBrutta was the Survival Recovery Center director (day shift) during the exercise.



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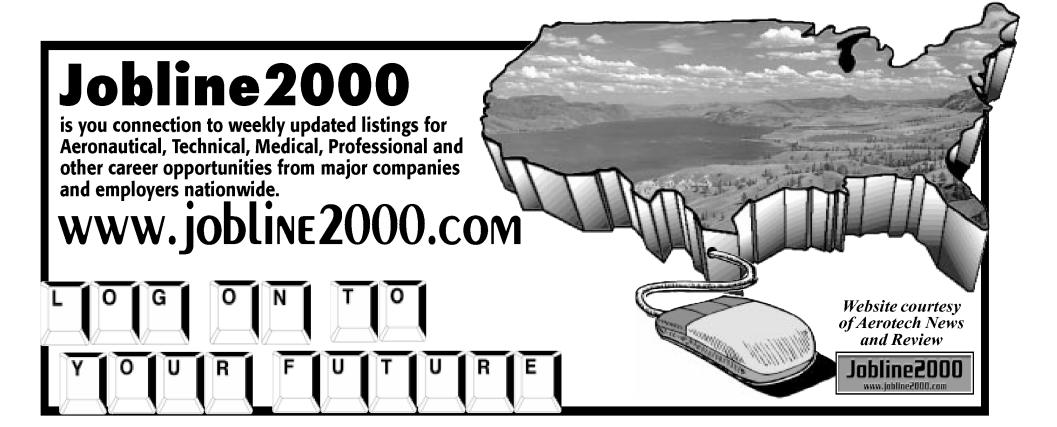


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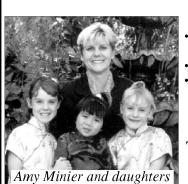
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Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member (officer, enlisted or civilian) of the Davis-Monthan Air Force Base Desert Lightning community. Members are nominated by their unit commander or first sergeant.)

Name: Master Sqt. Gary Grindle

Organization: 755th Operations Support Squad-

Duty title: Command and control warfare analysis

and targeting superintendent Hometown: Terre Haute, Ind. Years of service: 18 and 1/2 years

Reason for joining the Air Force: To see the world, experience new environments and cultures, gain aviation experience and to serve my country. Main responsibilities: Supervise and lead the compass call analysis and targeting team, provide signals intelligence analysis and jamming mis-

sions targeting for EC-130H aircrews Best aspects of job: Working with top-notch professionals, being a part of the intelligence

community and providing direct support to a warfighting asset

Goals: Retire after 20 years of service, become an engineering manager and eventually become a senior executive

Hobbies/outside activities: Computer programming, Web site design, college courses and spending time with my family

Favorite thing about D-M: The base facilities, services and the location

Best assignment: My current one, because I enjoy living in Tucson and what I do

Inspiration: The chief master sergeants, four-star generals and corporate America CEOs who have taken advantage of the opportunities with the vision to reach the top of their rank structure

APD staff thanks commanders

We would like to take a minute and thank you for your support of the 355th Wing's Airman Professional Development Seminar program.

Since the inception of the program January 2002, we have had the privilege of meeting and mentoring more than 275 young airmen across Davis-Monthan Air Force Base. We presented them with briefings ranging from core values and leadership, to educational opportunities and personal financial planning. They renewed our faith in the Air Force way of life with fresh ideas and open-minded perspectives.

Through the support of your first sergeants, the monthly twoday seminar has been filled to capacity with motivated, energetic airmen, willing to learn and ready to help make the Air Force a better place.

Through the critique process, these airmen have shown us that there is little difference between what they feel is important in their careers and what we, as

mentors, feel is important for them to learn.

Integrity first, service before self, excellence in all we do – these are not just our core values, but they are also something these young airmen demand of us as supervisors and mentors. They want to learn what it takes to be a good leader. They want to know what programs are available to them to enrich their lives and the lives of their peers.

With your support, along with the tireless efforts of our volunteer briefers, we are honored to be able to give them the information and direction they desire.

In addition to this letter of thanks we would like to extend an open invitation for any of you to come and sit through all, or part of, one of our seminars. They are the fourth Wednesday and Thursday of every month at the D-M Professional Military Education Center. Whether we're presenting a block on professional discipline, or having a senior NCO panel discussion, we welcome your presence and critiques.

Once again, thanks for all the support. (Courtesy 355th Wing Airman Professional Development Seminar staff)

(Editor's note: "Integrity, Service, Excellence" is a forum for all D-M units to submit the names of their people who have earned recognition through monthly and quarterly awards, graduation from formal training and outstanding Career Development Scores. Submissions must include name, rank, unit and type of award earned. "Integrity, Service, Excellence" is not a forum to announce retirements, decorations, obituaries and awards from civilian organizations. Individual and unit awards from command level and higher may be covered as a news story space permitting. Contributions can be made directly to the 355th Wing Public Affairs Office, Building 2300, Suite 2054, or through e-mail to desert.airman@dm.af.mil.)







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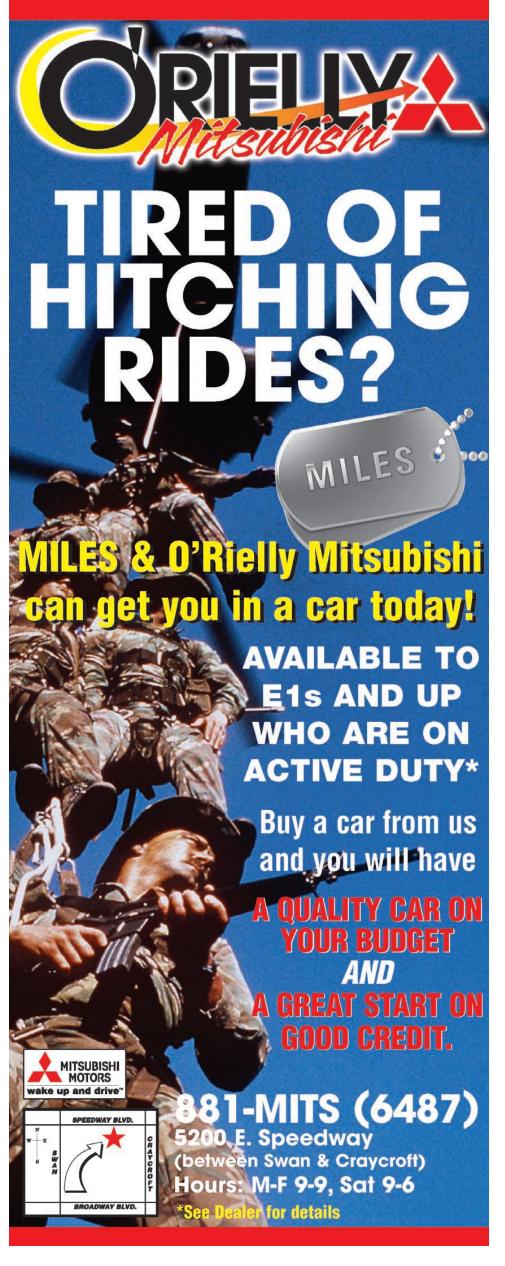
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A little humor to lighten the mood

Try the other

When asked what model of plane he flew, a 1. The journey of a thousand miles begins trainee pilot answered, "A tri-engine plane."

"What do you mean, a tri-engine plane?" asked the instructor.

"Well, it has two engines," replied the trainee. "That means that if one goes bad, we try the other."

Tips on good cooking

A soldier went up to the company cook and said, "If you put a lid on the pan there will be less dust and dirt in the food."

The cook, very annoyed, replied, "You mind your own business. Your duty is to defend the homeland!"

"That's right," said the soldier. "But my duty is to defend it, not to eat it."

You can keep them

A new enlistee had to have his long hair and sideburns cut. As he sat down in the barber chair, the barber asked, to his surprise, if he'd like to keep his sideburns.

"Oh, yes!" he said gratefully.

Whereupon the barber cut off the sideburns and said, "Here — catch!"

Tips from the modern soldier

- with a broken fan belt and a flat tire.
- 2. Don't be irreplaceable; if you can't be replaced, you can't be promoted.
- 3. No one is listening until you make a mistake.
- 4. Always remember you're unique, just like everyone else.
- 5. Never test the depth of the water with both feet.
- 6. It may be that your sole purpose in life is simply to serve as a warning to others.
- 7. It is more impressive when others discover your good qualities without your help.
- 8. Some days you are the bug, some days you are the windshield.
- 9. The quickest way to double your money is to fold it in half and put it back in your pocket.
- 10. Duct tape is like the force; it has a light side and a dark side, and it holds the universe together.
- 11. Don't squat with your spurs on.
- 12. Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

No standing in line

"I suppose," snarled the leathery sergeant to the private, "that when you're discharged from the Army, you'll wait for me to die, just so you can spit on my grave."

"Not me," said the private. "When I get out, I never want to stand in line again."

Tough skin

As part of combat team training, the soldiers were made to crawl on their backs under barbed wire while bullets were being fired above them and with the training instructor continually screaming, "Get down!" Near the end of the exercise, the instructor shouted to one soldier, "Why aren't you crawling faster?"

"Because," the soldier said, "my skin keeps getting in the way!"

(Editor's note: "The Lighter Side" is a forum for all D-M members to submit original comics, cartoons, photographs and humorous military stories and quotes. "The Lighter Side" is for entertainment purposes only. Contributions for "The Lighter Side" can be made directly to the 355th Wing Public Affairs Office through e-mail to <u>desert.airman@dm.af.mil</u>. "The Lighter Side" editor can be reached directly at 228-5714.)

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Youth center offers before, after school programs

By Capt. Chrissy Cuttita 355th Wing Public Affairs

Giving youth something to do, having fun, becoming wellrounded individuals, getting involved, providing community support and becoming educated in life skills are some of the goals the Davis-Monthan Air Force Base programs strive to achieve. said youth center staff.

Children enthusiastically explore different areas and clubs throughout the youth center every morning and afternoon, during the before- and afterschool programs. Hours are respectively 6:30 to 8:15 a.m. and 2 to 5:30 p.m., Mondays through Fridays. This program is accredited by the National School Age Care Alliance, as mandated by the Air Force.

"Parents are pleased," said Michelle Glover, 355th Services Squadron before- and afterschool youth center program coordinator after a recent review of survey results. "They enjoy the staff, the activities offered and the convenience of the location."

"It's pretty cool," said Alyssa Anderson, 9, daughter of Bob Anderson, 355th Services Squadron youth center school-age program assistant. Arts and

crafts in the back classroom of the center was voted as the fun place to go according to Anderson and friend Erika Teige, 8, daughter of Marcy Teige, 355th Services Squadron child development center desk clerk.

Although it is still breakfast time during the before-school program, the youth center is abuzz with activity. The sounds of the basketball court can be heard from the computer room as Lorenzo Wolff Jr., 7, son of Dawn Wolff, school-age program assistant and Tech. Sgt. Lorenzo Wolff Sr., 65th Operations Support Squadron, plays games on the Internet, his favorite activity.

Other children play foosball, challenge each other to a game of Battleship, read books, dress up in costume and dance to music. It was a typical morning at the center.

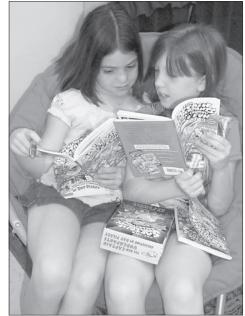
After morning fun and food, the youth center provides transportation to take children to Smith and Borman elementary schools, both on base, and returns them to the youth center after the school day.

Back with smiles and laughter in the afternoon, D-M schoolaged children pick and choose what program they will participate in until parents or guard-

ians pick them up. They can join clubs like drama, woodworking, music, construction, sports, arts and crafts, and cooking or prepare a science project in the lab according to Glover. Children can fine-tune their motor skills on the playground or the basketball court. Children can also be found digging outside in the center grounds, looking for stuff as part of an archeology project.

The youth center also works to accommodate occasions when school is not in session. All-day care is available on non-school days and early dismissal days, and a full-day summer camp starts May 27. Summer camp will be from 6:30 a.m. to 5:30 p.m. and parents can leave children there for a maximum of 10 hours, Glover said. During summer camp, children will swim two times a week; once a week they will go on a field trip, play in the park and bowl. Breakfast, lunch and afternoon snacks are served in accordance with United States Department of Agriculture guidelines.

Fees for this program are based on total family income and priority is given to active-duty and Defense Department employees. Those interested in registering children for the



Brushing up on vocabulary with Capt. Underpants' books during the youth center's before-school program are Averi Zavala (left), 8, daughter of Master Sqt. Steve Canter, 355th Medical Group, and Kayleigh Walker, 9, daughter of Master Sqt. Marty Walker, 355th Mission Support Squadron.

school-age program can get required forms at the youth center.

"I think we have the best youth center in the Air Force," said Tara Rowden, youth center director. "We have an abundance of programs for youth. We follow strict guidelines on recreation and education."

Additional programs are offered for every age, like the "Give Parents a Break" program, offered for persons with deployed family members at the youth center and child development center. The youth center also sponsors annual events and shared involvement with the Tucson area 4-H, which stands for head, heart, hands and health, and the Boys and Girls Club. They also provide many activities in coordination with the base CDC and community center. Together they are a part of 355th Services Squadron Family Child Care Flight. For more information call 228-8844.

(Editor's note: In observance of April's Month of the Military Child, this is part one of a threepart feature about the base youth center, focusing on the school-age programs and activities for children, first through sixth grade. Additional features about pre-teen and teen programs will be published in future editions of the Desert Airman.)



Capt. Chrissy Cuttita

(Right to left) Caleb Green, 10, son of Staff Sgt. Latanya Hicks, 355th Security Forces Squadron, challenges Karisa Teige, 10, daughter of Marcy Teige, 355th Services Squadron, to a game of foosball during the youth center's before-school program. Foosball is one of several activities available to keep children active, entertained and challenged; other ativities include basketball and other sports, arts and crafts, cooking, Battleship and woodworking.

Sports Shorts

D-M Women's Golf Association

The Member-Guest Day has moved to Wednesday. The club championship will be held on three consecutive days beginning Monday with winners to be announced following play Wednesday. There will be a shot gun start.

Outdoor swimming pool hours

The outdoor swimming pool, located next to the Desert Oasis Enlisted Club, will open April 19. The pool will only be open for open swim from noon to 5 p.m., and for family swim from 5 to 6 p.m. every Saturday and Sunday. Daily fees are: child admission, \$1; children two and under, free; adult admission, \$2; guest admission, \$2.50; lap swim, \$1. For more information contact, outdoor recreation at 228-3736.

Cosmic bowling

The D-M Bowling Center sponsors cosmic bowling Wednesdays from 5:30 to 7:30 p.m. Children younger than 16 years receive their rental shoes free. For more information, call the bowling center at 228-3461.

Air Force Marathon

Registration is underway for the 2003 U.S. Air Force Marathon scheduled to be held at Wright-Patterson Air Force Base, Ohio, Sept. 20. Reduced fees for early registration are available until June 30. The registration deadline is Sept. 4. To register, or for more information, visit the marathon Web site at http://afmarathon.wpafb.af.mil/ or call the marathon office at (937) 257-4350 or toll free at (800) 467-1823.

Fiesta Health and Fitness Expo

The 355th Services Squadron's Fitness and Sports Center will host their annual health and fitness expo May 9. This year's expo will be combined with a Cinco de Mayo celebration. For more information on the Fiesta Health and Fitness Expo, call Master Sgt. Ken Ramey at 228-0738.

Commander's golf tournament

The Tenth Annual Commander's Golf Tournament will be April 18 at the Blanchard Golf Course on Davis-Monthan Air Force Base. The format will be the Foursome Texas Scramble. Entry fees for all colonels and above are \$50. Entry fees for all others are \$40. Costs include green fees, cart, range balls, prizes and lunch. The entry deadline is today. Sign up at the Blanchard Golf Course Pro Shop. For more information, call 228-3734.

Outdoor recreation volunteers

Outdoor Recreation is looking for volun-

Workin' up a sweat



Members of Davis-Monthan Air Force Base use the cardio theater at the new fitness and sports center. The Haeffner fitness and sports center and the new fitness and sports center offer many programs to help D-M members stay in shape. Besides the cardio area, the new fitness and sports center also offers a room with free weights, a room with cable-machine weights, an indoor pool, a basketball court, a health bar and saunas. In addition to all the available equipment, the fitness and sports centers offer a multitude of classes for physical fitness. Everything from Pilates to Dang Soo Do can be found at the centers.

teers to assist with adventure trips that will include hiking, fishing, backpacking and much more. Volunteers will be able to lead trips, drive vans and more. For more information, call 228-3736.

Baseball opening ceremonies

Baseball opening ceremonies at the youth center will be tomorrow at 9 a.m. The first game of the season will also be played to go along with the festivities. Volunteers will be needed to make this event a great success. Contact the youth center if you would like to help in this event. For more information, call 228-8484.

High-intensity interval workout

A high-intensity interval workout class, under the leadership of certified instructor Spring Clegg, meets every Wednesday and incorporates elements of cardio, strength conditioning, speed and plyometric drills, circuit training, core strengthening and stretching. The class meets at noon in the Haeffner Fitness and Sports Center. The first class is free and \$2 a class thereafter. For

more information, call 228-0021.

Fitness classes

There is now a circuit training class on Tuesdays from 5:30 to 6:30 p.m. at the Haeffner Fitness and Sports Center involving cardio aerobics, hand weights, jump ropes and more. There is also a new Hi/Low Aerobics class offered Sundays from 9:15 to 10:15 a.m. at the new fitness and sports center. This class involves high and low intensity aerobics. For more information, call 228-0022.

Fitness factoid

Do you ever react to people and situations with hostility? Besides alienating yourself from others, these emotions may increase your risk of heart disease. Feelings of anger make your heart beat faster and your blood pressure rise. Seek professional help if your anger is becoming abusive, frequent or more than you can handle. Don't let temper become a damaging force in your life.

See **Sports Shorts**, Page 16

Scoreboard

Bow OV (Wee	VC	COMM MDG High Game: SVS #1, High Game (Men): G High Game (Ladies):	regg Coppage, 279
Team	W-L	riigii Gairle (Laules).	iaia nowdell,210
Forget About It	127-73	Phanton	n Mixed
Bag Ladies	123-77	(Wee	
Shoulda Been	117-83	Team	W-L
M*S*P*	108-92	So So's	<u>vv-L</u> 129-71
Alley Cats	106-94	The Cajuns	117-83
Raspberries	105-95	Alley Ooops	116-84
Pin Heads	94-106	Gutter Busters	110-90
High Game (Ladies): Alice Ramirez, 176 High Series (Ladies): Sara Denzler, 501		Sangre Caliente	110-82
		Hit or Miss	98-102
		Rat Pack	98-102

High Series (Ladies): Sara Denzler, 501		Surigic Culicitic	110 02
riigii series (Laules). s	ara Derizier, 30 i	Hit or Miss	98-102
		Rat Pack	98-102
Intram	nural		
(Week	29)	Tuesday Ea	arly Risers
<u>Team</u>	W-L	(Weel	k28)
EMS/AMMO	146-86	<u>Team</u>	<u>W-L</u>
SVS#1	144-88	Hit and Miss	142-82
12th AF #1	144-88	Bad Beavers	139-85
755th OSS	140-92	Sunflower Gals	129-95
AMARC Woodmill	132-100	Monarchs	126-98
AMARC #1	126-106	Aggravation	121-103
CPTS/MSSQ	123-109	Dream Catchers	119-105
SVS#2	113-119	Alley Kats	114-110
CRS	112-120	Wee Bee Bad	112-112
25 OWS "Cats"	104-128	Alley Angels	90-134
43rd 98-134 High Game (Team): Monarch		Nonarchs, 538	
12 AF #2	90-142	High Game (Ladies): I	Diana Scott, 254

High Series (Team): Monarchs, 1487 High Series (Ladies): Arlene Cook, 622

CE Mixed Trio (Week of March 27)

<u>Team</u>	W-L
Good, Bad & Ugly	30.5-17.
Powerball	28-20
BJ's Buns	28-20
The Cans	23-25
Cruisers	23-25
Brew Crew	22-26
Sigma Five	21.5-26
Just-4-Fun	16-32

Thursday Night (Week 27)

Four Seas	136-88
PBJ's	134-90
Man On	133-91
PC's	132-92
Shaka	130-94
May Bees	126-98
No Fear	123-101
Mission Impossible	108-116
Caps & Cars	99-125
Hot Chili Peppers	98-126
Strikes & Spares	94-130
Mickey's Mavericks	90-134
FUBAR	86-138
Ice Breakers	79-145
High Game (Team): Ma	n On,784
High Game (Men): Dan	ny Atkins, 269
High Game (Ladies): Lo	ri McCaferty, 2
High Series (Team): Ma	n On, 2259

DMAFB Pee Wee

(**************************************	,
<u>Team</u>	W-L
Pee Wee #2	45-39
Pee Wee #1	39-45
High Game (Boy): Cam	n, 70
High Game (Girl): Moll	i, 80
High Series (Boy): Cam	ո, 131
High Series (Girl): Moll	i 145

DMAFB Bantams

(VVEEK 20)	
<u>Team</u>	W-L
Tigers of Terror	70-34
X-Bowls	62.5-41.5
The Good Team	42-62
Tuxedos	33.5-70.5

DMAFB Preps

(Week 28	3)
<u>Team</u>	W-L
3 Righteys and a Lefty	65.5-46.5
Strikers Five	56-56
Double Trouble	53-59
Pin Busters	49.5-62.5

DMAFB Juniors/Majors

(Week 28)	
<u>Team</u>	W-L
Hit'Em Up Boyz	76-36
Desert Strikers	63-49
Fireballs	60.5-51.5
Brunswick Bruins	60-52
One Pin Too Short	55-57
The Roadrunners	54.5-57.5
There's Been A Mistake	54-58

Sports Shorts

Continued from Page 15

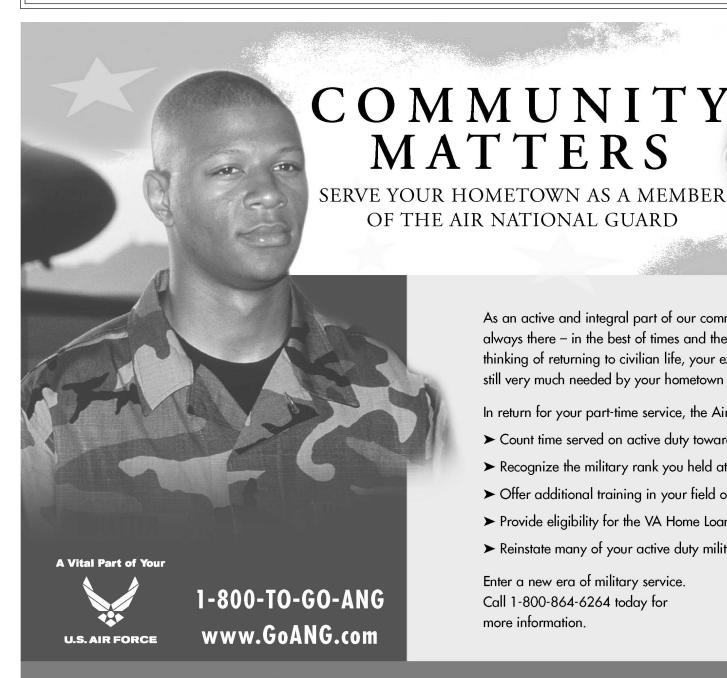
Dang Soo Do (Korean Karate)

Learn traditional martial arts as they are taught in Korea. Classes focus on practical self-defense, physical fitness, personal development, self-discipline, respect, self-confidence, Korean language and etiquette. Adult classes are located in the fitness and sports center, and are held Mondays, Wednesdays and Fridays at 7 p.m. Youth and youth advanced classes are also available. Sun Pumarejo, Third Degree Black Belt, teaches the classes. For more information, call 990-1144, or visit the Web site at: www.jkim.com.

Tae Kwon Do classes

Tae Kwon Do classes are being offered at the youth center. Space is limited. For fees and other information, call 228-8844.

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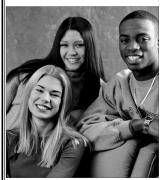


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DA0103DISP

Chapel Information

Services and activities offered by the D-M chapel are listed below. Location is at the Desert Dove Chapel unless otherwise noted The Desert Dove and Hope Chapels share the parking lot at 5385 E. Ironwood. For more information on Jewish or Muslim services; Sunday School programs; Vacation Bible School; Bible studies; youth groups; and women's, men's and family ministry, call 228-5411.

Catholic Mass schedule

Saturday: Mass is at 5 p.m. Sacrament of Reconciliation is at 4:30 p.m.

Sunday: Mass is at 7:30 and 10 a.m. Sacrament of Reconciliation is at 9:15 a.m.

Daily: Catholic Mass and Communion is at 11:30 a.m. at Hope Chapel. Rosary begins at 11:10 a.m.

Protestant Services schedule

Sunday: Contemporary Service is 8:30 a.m. and Gospel Service is 11:15 a.m. at Hope Chapel. Traditional Service is at 11:15 a.m.

Education Services

CCAF graduation

Community College of the Air Force graduation is May 14 at 2 p.m. at the officers club. For more information, call Michelle Marinelli at 228-4249 or Rafael Maldonado at 228-3484.

Air Force Virtual Education Center

The Virtual Education Center is the Air Force's premier site for providing information about education benefits and one-stop shopping for educational information. To access the site on a military computer, visit https://afvec.langley.af.mil/afvec.

Graduate level students

There are financial aid opportunities for graduate level students at the following Web site: www.lib.msu.edu/harris23/grants/3gradinf.htm.

University Alliance

The University Alliance is working with schools such as Regis University, The University of South Florida, Saint Leo University and Villanova University to offer service members and veterans distance learning degrees. The University Alliance enables military members to tailor their studies to fit their duty schedules. For more information, visit www.universityalliance.com.

Family Support Center

Hearts Apart Easter activity

There is a Hearts Apart Easter activity April 19 from 10 a.m. to noon at Bama Park. Bring cameras and Easter baskets. The Easter Egg hunt starts at 10:15 a.m. Hot dogs, chips and drinks provided. To register by Monday, call 228-6017 or 228-5690.

Veteran's affairs brief

There is a veteran's affairs claims assis-

tance brief April 21 in Building 3200, Room 266. A veteran's affairs representative will provide group appointments concerning veterans and disability benefits from 9 to 10:30 a.m., noon to 1:30 p.m. and 2 to 4 p.m. To sign up, call 228-5690.

Right Start Base Orientation

There is a Right Start Base Orientation April 22 from 8 a.m. to 4 p.m. at the officers club. The orientation is designed to welcome all newcomers to Davis-Monthan Air Force Base and the Tucson area. Leadership and base agencies discuss the programs and services available. Free child care is available. For more information, call 228-5690.

Volunteer recognition banquet

There is a volunteer recognition banquet April 26 from 11:00 a.m. to 2:00 p.m. at the officers club. The event is free to volunteers who make reservations no later than April 14 and \$10 for guests. It is first-come first-served. For more information, or to make reservations, call 228-5690.

Happenings

Freedom Day in the Park

A local radio station is sponsoring 'Freedom Day in the Park' Sunday from 11 a.m. to 2 p.m. at Freedom Park, located near Swan and 29th Street. The event is free for those who show a valid military identification card. Non-military attendees are asked to make a minimum donation of \$2. Lunch and entertainment are included. All monies collected will be donated to the Davis-Monthan Air Force Base family support center. For more information, call 880-1041.

IDEA Program

The Innovative Development through Employee Awareness Program encourages innovative thinking by both military and civilian members of all ranks to help make changes to everyday work processes. The IDEA Program is designed to provide timely evaluation of ideas by qualified experts utilizing the IDEA Program Data System to implement adopted ideas and to recognize personnel with appropriate cash or non-cash awards. For more information on the IDEA Program, call Robin Perry at 228-4332.

New hours for Airman's Attic

The new hours of operation for the Airman's Attic are Thursdays from 4 to 6:45 p.m. and the second Saturday of each month from 3 to 5 p.m. For more information, call 228-4098.

Beautification week

Family Housing beautification week is scheduled for April 21 through 25. During clean-up week, all family housing and trailer park residents are expected to clean up yards and exterior areas around their homes. There are prizes for the top three most

improved houses and yards. Roll-off dumpsters will be placed at the corner of Mustang Road and Lightening Drive for Palo Verde housing area residents and the corner of National Boulevard and Phantom Drive for residents in Kachina Village housing area. Dumpsters are also available at the recycling center. For more information, call housing management personnel at 228-6609.

Thrift shop

The D-M thrift shop, located across from the bowling alley in Building 3220, is open Tuesdays and Wednesdays from 9 a.m. to 2 p.m. Consignments are taken until 1 p.m. To reserve space for large items and furniture, call 228-2120.

Movies

Movies begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults and \$1.50 for children under 12 and senior citizens. Admission is for ID card holders and their guests only. For the theater movie recording, call 748-1157.

Friday: How to Lose a Guy in 10 Days

(PG-13) A regular ladies man, played by Matthew McConaughey, makes a simple bet with his friends that he can stay in a relationship for more than 10 days. Unfortunately, the girl that he decides to use to win

the bet, played by Kate Hudson, just happens to try all the tricks she can manage to get rid of him almost immediately. 1 hour, 50 minutes



Saturday: The Jungle Book 2 (PG-13)

Starting where the original Jungle Book movie ended, Mowgli gets restless in his new village home, and decides to return to the jungle life, leaving behind his new girlfriend who's afraid of the dangerous wild animals Mowgli is used to romping around with. As it



turns out, she's right to be, as Mowgli's old nemesis, the tiger named Shere Khan, is out for revenge. Can all of his old friends help Mowgli avoid Khan's lethal claws? *1 hour*, *12 minutes*

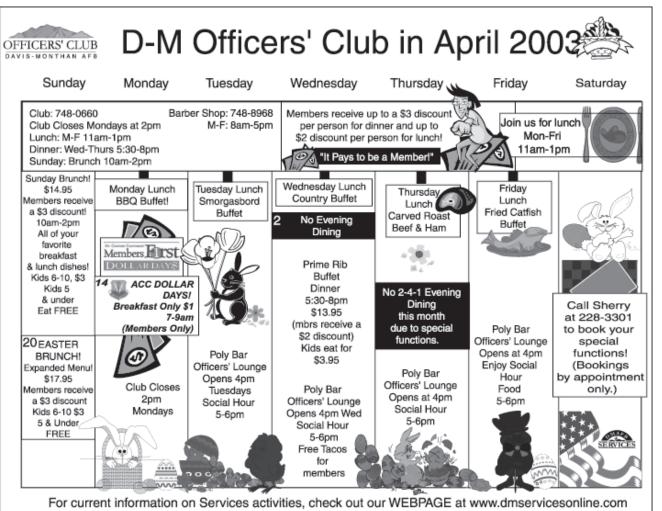
Sunday: Deliver us from Eva (R)

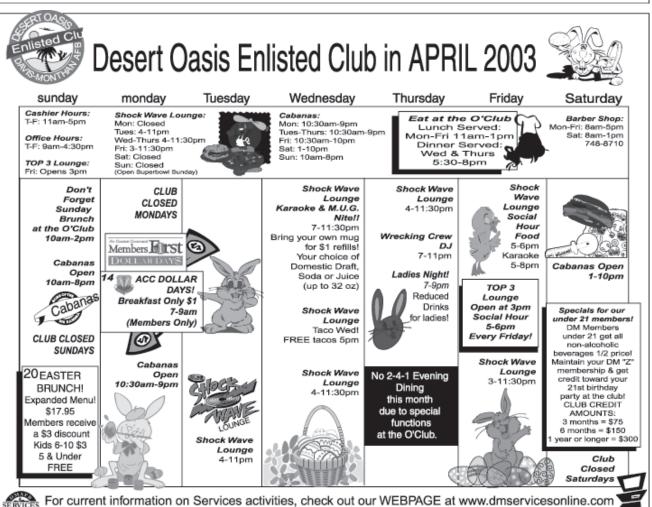
When three young men pay a ladies man, played by LL Cool J, \$5,000 to romance their perfectionist sister-in-law, played by Gabrielle Union, so they can live their lives free of her constant meddling, they're sur-

prised by what actually happens. A sweet face but with a steely disposition, she may not be so easy to tame. *1 hour, 45 minutes*



April 11, 2003 Desert Airman 19





Services Activities

Web site for military teens

In conjunction with the month of the military child, a military Teens-on-the-Move Web site is now available. The new Web site, specifically designed for military children from six to 18 years old, provides information about moving, staying connected to family and friends, how to meet new friends and what's available at the new base and surrounding communities. The Web site is a great way to help teens cope with the stress of moving. The MTOM Web address is http://dod.mil/mtom.

Arts and crafts center open house

The arts and crafts center has an open house Tuesday from 9 a.m. to 3 p.m. There will be make-it and take projects available for only 50 cents as well as mini classes for \$1. The center will also showcase their array of craft classes as well as the many areas of the facility for a hobbyist's use. Sale items, including frames and graphics, will be available and drawings will be held for door prizes. Refreshments will be served all day. For more information, call 228-4385.

Youth of the Month/Quarter Program

The youth center will recognize one outstanding youth, between 12 and 18 years old, each month and each quarter. A youth of the year will also be selected from the four quarterly winners to represent Davis-Monthan Air Force Base in the National Boys and Girls Clubs of America Youth of the Year competition.

Selection is based on the following criteria: involvement in extracurricular youth activities, participation in community groups or programs, involvement in a volunteer program or activity and grades in school.

Each youth of the month winner receives a picture and an article in the monthly Services Activities Magazine, a services coupon book, free youth center membership for one year and 10 youth center bucks.

Each youth of the quarter winner receives their picture and an article in SAM, an award plaque, a \$25 gift certificate to the Army and Air Force Exchange Service store, a services coupon book, free membership to the youth center for one year and 25 youth center bucks.

For more information, call Kathy Sands at the youth center at 228-8373.

What's happening at the Davis-Monthan clubs

Air Combat Command Dollar Days breakfast

There is an ACC Dollar Days \$1 breakfast at the officers club Monday from 7 to 9 a.m. Dollar Days is ACC's supplement to the Air Force "Members First" program in which club members receive discounts on food purchases, special functions and all pro-rated special functions. For more information, call 228-3301.

Easter brunch and club dining

The officers club offers brunch Sundays, serving popular brunch dishes from 10 a.m. to 2 p.m. April 20, the club has a special Easter Sunday brunch with an expanded menu. For more information on Sunday brunch, see the club calendars (pictured above) or call 228-3301.

Desert Airman April 11, 2003

Desert Airman Classifieds

Misc. for Sale

COMPLETE COMPUTER System with Monitor, over 70 **Software** Titles and a FREE Printer or Scanner for only \$59 per month. Call (800) 615-1433.

100% Human Hair Silky 12" color 1B 12.50/pack and Deep Wavy 18" Color 33 20.00/pack Pay less for the best quality! 760-8359

Super Nintendo Game system with 2 controllers & 9 games. Works great. \$50 o.b.o. Call 519-0077.

8 FT pool table \$250, professional card table \$65, Stairmaster \$50. PH 250-7542

Double Pain patio doors each 4x8 \$5 each. Wedding Dress size 12, long train, beaded, off white, short sleeved, \$200. OBO. 18 speed bike \$35. 520-979-2254

Custom-made wroughtiron security door. Golf theme. Call Don Parkhurst, 228-0537 (wk) 546-1946 (hm)

Misc. for Sale

Cleveland VAS irons 3-SW, graphite shaft, includes Cleveland cart bag. Good condition. Call Don Parkhurst 228-0537 (wk) 546-1946 (hm)

Dial-Up Internet Access. ONLY \$15.95 monthly. NO CREDIT CARD RE-QUIRED. Call (800) 297-1066. 4/11 4T/P.

Cars and Trucks

2002 Nissan Altima 2.5 S, Ruby Red, Excellent Condition, Dealer Maint, 5-Spd, CD, AC, Security Svs. 16" Allovs. 6400 Miles, \$19,000 OBO. Call Alex @ 275-6830.

1990 Ford Mustang 5.0 LX Coupe, 4 inch cowl hood, saleen wing weld racina wheels, lots of new parts, 5,000 OBO. Call Shane Wallace at 228-4982.

1998 Toyota Camry, 52,000 miles, \$10,900 OBO, Bronze leather int, PS, PB, PW, PL, new tires, Excell. Cond. Great Gas mileage, call 977-6765.

Cars and Trucks

1958 Chevy PU - All New Parts incl. engine, brake svst., carb, starter, alternator, wiring harness, shocks, rims and tires, etc. Engine still under warr. Runs Great, but needs paint job. \$4,000 call 514-7663.

1995 Ford escort, blue, auto., 4 dr, AC, good interior/exterior, good cond., tape player, runs good, maintenance well kept, asking \$2100 OBO, call Nicki at 250-1269.

2002 Oldsmobile Alero-Bronze, 4DR, power everything, 4 whl. ABS, CD player, V6, Rear Spoiler, rear folding seats, alloy wheels, and much more. Only 25,000 miles. Asking \$13,000 obo. Call 323-8203

Motorcycles

2000 Yamaha YZF-R6, blue and white, 3000 miles, tank bra, 2 helmets, and other accessories included, new battery, garage kept, \$6300 OBO. Call 296-8033.

1999 Kawaskai ZX-6R, green/purple/white, 4200 miles, jetted for AZ, performance upgrades, garage kept, new battery, helmet and other accessories included, \$5250 OBO. MUST SELL! Call 296-

2001 Suzuki Katana 600, Yellow, 2,300 miles, great condition, always garages, tank bag, \$4,500. Call 721-0991 ext. 1012.

Motorcycles

2000 Honda XR 80, low hours, great shape, used as training bike, son has moved to bigger one. \$1200.00 OBO. (520) 514-1599

1999 KTM 380EXC dirtbike. Very low hours, outstanding condition. PCSing. \$3100.

Furn. & Appliances

New QUEEN SIZE MAT-TRESS SET. Orthopedic/ Plush. Still in plastic. \$100. 940-3058.

Furn. & Appliances

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BEAUTIFUL SLEIGH BED. Solid wood, still in the box. List @ \$650. Sacrifice @ \$30. 940-3058.

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Desert Airman Classifieds

Furn. & Appliances

Baby Bassinet Crafted White Woven Wicker Complete with removable hood and pad (By Burlington Basket Company) \$30 514-2570.

Queen Size Waterbed Frame with matching Dresser and Mirror \$100 for all 514-2570.

White Whirlpool washer and Dryer Set. 2 years old. In excellent condition. 300.00 for set call 979-2185 ask for Melissa

Solid wood Entertainment center w/bookshelf and cabinet. Holds up to 27" TV. Practically brand new, paid \$40 sell for \$20. Will help move it. Call 514-9713

Mission style futon with navy mattress. Storage in both arms. Magazine racks on both sides. \$225, leave message at 762-8695.

Hall tree. Solid Oak. Like new. Call Don Parkhurst 228-0537 (wk) 546-1946 (hm)

Furn. & Appliances

Antique English church pew. 6 feet long. Good condition. Call Don Parkhurst 228-0537 (wk) 546-1946 (hm)

Antique English 3 door dresser with mirror. Good Condition. Call Don Parkhurst 228-0537 (wk) 546-1946 (hm).

60" lawyer's bookcase with glass front. Call Don Parkhurst 228-0537 (wk) 546-1946 (hm).

MATTRESS SET: Queen Pillow Top Brand New \$125. 940-3058.

Homes for Rent

Split 3-bdrm, home on 1 acre Very spacious w/ gas f/p, 2-car gar., & all appl. One year lease required, \$1,250.00/mo. JoJo at Chirco Realty 886-6354 or 977-7682.

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C/M PSM Computer Operator: Provide total system administration/security. problem solving for MILPDS and PDS. Process non-routine queries, schedule automated products for all PDS, perform transaction register/database analysis tasks and build and maintain local tables (PC-III and MILPDS). PREFER—5 or 7 skill level in PSM AFSC but will train if possess UNIX or Oracle training. Information/Work Group Manager: LAN Management/Work Group manager duties to configure new computers for initial operation, install and repair hardware/software; maintain user network/email accounts, process AFCERT updates and perform PC virus detection/eradication. Manage/Maintain the Military Personnel Flight web pages. PREFER—7 skill level in Information Management AFSC.

Awards and Decorations Team Leader: Provide general guidance and training on awards and decorations, processing award recommendations, publicize criteria of new established Air Force awards and decorations. PREFER-7 skill level in Personnel Management AFSC

Awards and Decorations Clerk: Provide general guidance on awards and decorations, processing award recommendations, publicize criteria of new Air Force awards and decorations. PREFER-5 skill level in Personnel Management AFSC but will train if possess MS Windows Apps experience.

**Please submit resumes via fax or email, attention: Jennifer (410) 822-1040; email: jennifer.craig@ccg-llc.org (indicate AFB)

Homes for Rent

Spacious 3 br, 2 ba, 2166 SF, LG yard, 2 car garage; call 631-4298 for more info.

3 bedroom, 1 & 3/4 bath, colorful, east side. Pets ok. \$900 a month. (520) 747-2126 or (520) 982-6467 3/28 2T/P.

New never lived in 2 bdrm, bath Townhouse, dishwasher, A/C, washer/dryer, BB carpet/ceramic tile, carport, storage, 960 sq. ft. 22nd/Camino Seco \$750. mo. 551-0373.

3 bedroom, 1 1/2 bath, 1300 sq ft, tile floor, 2 car garage, Rita Ranch, \$975/month, Call 237-4613. Leave message.

Homes for Rent

Sunset view, spacious 2 bd/2 ba + den, near U of A and PCC, washer/ dryer, well maintained, fenced yard, newer carpet, quiet neighborhood, perfect for small family, west side. \$925 mo. 991-7106 David.

Homes for Sale

3 BR, 2 BA, 2 Car garage, Lovely home in SE Tucson New carpet and ceramic tile, all appls, full covered rear patio with spa owner transferred and motivated! East on Golf Links from Harrison Rt on Bananza Left on Gravhawk to 10035 E. Open Sun 1-4, 4/13 Lynn Popovich 918-5209 Long Realty.

Homes for Sale

3 BR, 2 Bath, Family Rm., carport, storage, lg. fenced yard with separate dog run in quiet neighborhood, Near DMAFB, 4441 E. Montecito Street Motivated Sellers! MLS #2307349 Long Realty Lynn Poppovich 918-5209 Open House Sat. April 12th 1-4 pm.

19983 bed., 2 ba. doublewide mobile home for sale. PCSing, must sell. Price is negotiable. Please call Jeff at 571-9568.

\$144,900,4Br2Ba,spacious floorplan, w/mtn. views, numerous upgrades, landscaped grassy yard, privacy &more. Call Ty/Marielle 760-3922 or 260-2184.

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Desert Airman Classifieds

Mobiles for Sale

VAIL! 1999 3 bedroom, 2 bath mobile home for sale on 1 acre! Clean and well maintained, neutral colors. \$75,000. Call Joyce at RE/MAX Catalina Foothills Realty. 577-3999. 3/21 4T/P.

Shared Housing

Retired Military Male to share East Side Home, no smoking, no drinking, for more info. Call (520) 885-2906. 4/11 1T/P.

Employment Opps.

Experienced wait staff & cooks needed at Continental Cafe' 9431 E. 22nd St. FT/PT. Apply in person 2-4 pm. Tues-Fri.

Provide quality support for people with disabilities F/T & P/T positions available, paid training, must have valid driver's license Fill out an application at Arise, 2224 N. Craycroft Road. #110 ADA/EEO Employer.

Employment Opps.

Military Spouses Work From Home

Simple System that Works Using a Computer and the Internet. www.wisedreams.com/ refid=8787 4/11 4T/P.

Pets

Free to good home! Small black/white bunny. Very sweet! Comes with cage and other accessories. Call 663-3805 after 1700hrs.

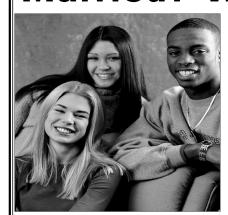
Pets

Guinea pigs for sale! Many different colors and types. They are all looking for a new home. Great new pet for the Easter basket! \$10 each. Call 514-1225 for more info.

Relaxation

Touched by an Angel! 319-2525 AngelsHeaven.com

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A CARONDELET HEALTH TIP

Watch Your Step

by John P. Powers, DPM, Podiatric Surgery

Every day your feet endure roughly 8-10,000 steps. Many women endure those steps in high heels. This is the primary reason women have, according to the American Podiatric Medical Association (APMA), about four times as many foot problems as men.

High heels may be a major problem for women, but they aren't the only problem. Pregnancy and age are just some of the factors which play a role in foot health.

The APMA determined that high heels — pumps with heels of more than two inches – are biomechanically and orthopedically unsound. High heels may contribute to a variety of foot problems including knee and back problems, injuries resulting from falls, shortened calf muscles, and an unnatural gait.

If you're a slave to fashion you can alleviate some of the high heel damage. Limit the time you wear high heels by alternating with more comfortable, naturally fitting shoes for part of the day.

Nylon stockings can cause foot woes, too. Because nylon doesn't breathe it creates a warm, damp area around your feet, inviting fungal infections (athlete's foot). The abrasiveness of nylon combined with a tight-fitting shoe is a recipe for blisters. Even more detrimental are tighter fitting support hose.

Pregnant women should take special precautions with their feet. Pregnancy changes the entire body, but supportive, shock-absorbing shoes with broadbased heels help swollen feet and ankles to bear the weight of those changes. A podiatrist should be seen if unusual foot discomfort is experienced.

Fat pads on the bottom of the foot deteriorate as you age, so older women experience more foot trouble than younger women do. Cushioned shoes are crucial, as is a soft flexible upper that conforms to the natural shape of the foot. Wearing leather shoes that "breathe" help prevent skin irritations on the feet.

If you experience continued pain an examination by a foot and ankle specialist is in order. Attempts at self-treatment can cost you not only time and money, they might make the problem worse. Preventing foot problems can be as simple as a wardrobe change and a little extra care — a small price to pay to avoid the agony of "de feet."

Dr. Powers practices Podiatric Medicine and Surgery in Tucson and Green Valley. Call (520) 319-3283 for an appointment.

Have a health or medical question you'd like answered? Call the Carondelet Query Line at (520) 873-3335 or send it via email to chn_mktg@carondelet.org.

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